

## Why Do You Smoke? – Quiz

		NEVER	SELDOM	SOMETIMES	OFTEN	ALWAYS
<b>A</b>	I smoke cigarettes in order to keep from slowing down.	1	2	3	4	5
<b>B</b>	Handling a cigarette is part of my enjoyment in smoking it.	1	2	3	4	5
<b>C</b>	Smoking cigarettes is pleasant and relaxing.	1	2	3	4	5
<b>D</b>	I light up a cigarette when I feel angry about something.	1	2	3	4	5
<b>E</b>	When I run out of cigarettes I find it unbearable until I can get them.	1	2	3	4	5
<b>F</b>	I smoke cigarettes automatically without even being aware of it.	1	2	3	4	5
<b>G</b>	I smoke cigarettes to stimulate me, to perk myself up.	1	2	3	4	5
<b>H</b>	Part of my enjoyment in smoking comes from the steps I take to light up.	1	2	3	4	5
<b>I</b>	I find cigarettes pleasurable.	1	2	3	4	5
<b>J</b>	When I feel uncomfortable or upset about something, I light up a cigarette.	1	2	3	4	5
<b>K</b>	When I am not smoking a cigarette, I am very much aware of it.	1	2	3	4	5
<b>L</b>	I light up a cigarette without realizing I still have one burning in the ashtray.	1	2	3	4	5
<b>M</b>	I smoke cigarettes to give me a "lift."	1	2	3	4	5
<b>N</b>	When I smoke a cigarette, part of my enjoyment is watching the smoke as I exhale it.	1	2	3	4	5
<b>O</b>	I want a cigarette most when I am comfortable and relaxed.	1	2	3	4	5
<b>P</b>	When I feel "down" or want to take my mind off cares and worries, I smoke a cigarette.	1	2	3	4	5
<b>Q</b>	I get a real gnawing hunger for a cigarette when I haven't smoked for a while.	1	2	3	4	5
<b>R</b>	I have found a cigarette in my mouth and not remembered putting it there.	1	2	3	4	5

# Why Do You Smoke? - Test Results

## HOW TO SCORE:

1. Print this page.
2. In the spaces below, enter the numbers you have circled for the Test questions, putting the number you have circled to Question A over line A, to Question B over line B, etc.
3. Add the 3 scores on each line to get your totals. For example, the sum of your score over lines A, G, and M gives you your score on Stimulation; over lines B, H, and N the score on Handling, etc.

TOTALS					
<u>    </u> A	+	<u>    </u> G	+	<u>    </u> M	= <u>                    </u> Stimulation
<u>    </u> B	+	<u>    </u> H	+	<u>    </u> N	= <u>                    </u> Handling
<u>    </u> C	+	<u>    </u> I	+	<u>    </u> O	= <u>                    </u> Pleasurable Relaxation
<u>    </u> D	+	<u>    </u> J	+	<u>    </u> P	= <u>                    </u> Crutch: Tension Reduction
<u>    </u> E	+	<u>    </u> K	+	<u>    </u> Q	= <u>                    </u> Craving: Psychological Addiction
<u>    </u> F	+	<u>    </u> L	+	<u>    </u> R	= <u>                    </u> Habit

The results from the "Why do I smoke test" range from 1 - 15. The lower your score the lower stimulation, handling, pleasurable/relaxation, crutch, craving and habit you have for cigarettes. The higher your score the more stimulation, handling, pleasurable/relaxation, crutch, craving and habit you have for cigarettes. For those categories that you have lower scores for you could probably make behavioral changes in your life with out much change to your physical or mental craving of cigarettes. The higher your scores the harder it will be for you to make those changes in your life.

Adapted from the National Cancer Institute